

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

November 2022

(A) COST OF BASIC FOOD ITEMS FOR A FAMILY OF FIVE

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	120.17 25 kg bag	2 x 25Kg	240.33
Rice	219.34 5kg	4kg	175.47
Cassava Flour	16.82 1kg	6kg	100.90
Irish Potatoes	16.67 1 Kg	4 Kg	66.67
Beans	31.14 1kg	3kg	93.42
Pounded Groundnut	66.43 1kg	1kg	66.43
Soya Pieces	67.83 1 kg	2kg	135.66
Beef	64.28 1kg	2kg	128.57
Chicken	101.67 2kg	5kg	254.16
Kapenta	320.47 1kg	1kg	320.47
Eggs	20.13 1 unit (10 eggs)	3 Trays (90 eggs)	181.18
Milk (Fresh)	15.17 500 ml	10 liters	303.30
Vegetables	437.94 40 Kg	40kg	437.94
Onion	23.14 1 Kg	4 Kg	92.56
Tomatoes	14.84 1 kg	6 kg	89.06
Banana	14.70 1 Kg	16 Kg	235.25
Other Fruits	20.00 1 kg	14 Kg	280.00
Cooking oil (2.5lts)	93.02 2.5lt	3.6lt	133.95
Salt	9.50 1 Kg	1 Kg	9.50
Tea	44.14 250g	250g	44.14
SubTotal			ZMW 3,388.96

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	15.75 Tablet(s)	3 Tablet(s)	47.24
Wash soap (BOOM)	18.32 400g	4 400g	73.27
Electricity (medium density)	273.20 Month(s)	1 Month(s)	273.20
Water & Sanitation (med - fixed)	253.60 Month(s)	1 Month(s)	253.00
Housing (3 bedroom)	1,828.00 Month(s)	1 Month(s)	1,828.00
Jelly (Vaseline)	33.60 500ml	1 500ml	26.60
Sanitary towels	18.75 Pack of 10	2 Pack of 10	37.50
Toilet Paper (2ply)	10.00 Tissue(s)	2 Tissue(s)	52.00
Lotion (Dawn)	26.40 400ml	1 400ml	26.40
Subtotal			ZMW 2,977.21
Total for Basic Needs and Nutrition Basket			ZMW 6,366.17

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	251.	Victoria Falls-Town	20.00
	Petrol (per litre)	21.54	
		Diesel (per litre)	23.12
		Paraffin (per litre)	16.71
<i>Health</i>	<i>Fuel (cost at the pump)</i>		
Item		Amount (ZMW)	
		Petrol (per litre)	24.31
		Diesel (per litre)	27.38
		Paraffin (per litre)	19.23

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25th November, by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were Calculated on the basis of prices gathered from retail outlets at Town Centre, Malota, Maramba, Dambwa Central, Dambwa North, Ellene Brittal and Shoprite as well as Schools, clinics/hospitals, and filling stations around Livingstone. The November Basic Needs and Nutrition Basket is approximately US\$ 369.72 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia
Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm
Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka